



INSIDE

Thought P90X was hard? Turn to Page 10 for a story about the latest high-intensity workout.



MULTI-MEDIA

For video coverage of K-State's study abroad fair and the latest edition of the Collegian's Semi-Weekly News Buzz visit our Web site at kstatecollegian.com.

SPORTS

To find out what motivates Shalin Spani check out Page 6.

Shedding light



Danny Davis | COLLEGIAN
Geofred Osoro, Swahili instructor, discusses the benefits of learning Swahili during a presentation Wednesday in the K-State Student Union, as part of International Education Week. The language is used extensively in Eastern Africa, in countries like Kenya.

Group explains importance of African Studies

By Danny Davis
KANSAS STATE COLLEGIAN

A group of African Studies students cleared up myths and misconceptions about Africa a presentation Wednesday afternoon. The group also presented on the different African programs offered on campus.

"Some people say Africa is a dark continent, the forgotten continent," said Simon Nyambura, graduate student in political science. "It is a country of the 21st century."

The group presented in the K-State Student Union as part of International Education Week.

During the presentation, nine panel members introduced the audience to Africa and the need to study the continent and its culture.

Nyambura said they have a beautiful continent and tourists can see wildlife in their natural environments. Typically, he said, Americans see

animals in cages and zoos, but in Africa you have to watch out for them.

He also spoke about the abundant natural resources, like oil, available in Africa.

Trade with Africa was a reason to learn Swahili, a dominant language in Africa, he said.

"After the Middle East, if you can speak an African language, you will get oil," Nyambura said.

Valerie Stull, a graduate student in public health and nutrition, also spoke. Her presentation emphasized volunteer experience in Africa.

She has traveled to Africa three times, where she volunteered to help with medical care and conducted research.

"By no means are you just giving to them," Stull said. "They are giving back to you."

Stull said the United States may not be the solution to

some of Africa's problems, but rather the part of the problem. She said she enjoys the community atmosphere, handshaking, and greetings.

Stull emphasized while students in the African Studies program may be in Kansas, they can still contribute to helping Africa. While in Africa, she surveyed people about living conditions and medical care. She is writing a report based on her research to send back to organizations in Kenya so that Africans may benefit from her work.

"We try to find solutions to change the situations," she said.

Nancy Muturi, assistant professor of journalism and mass communications, informed the audience of the current program that K-State is offering for students.

Currently, students can select African Studies as a minor, and in the fall of 2010, she said they plan to offer a

certificate program.

Through each option, a study abroad experience is required for fulfilling the requirements. Muturi said there are a number of government grants that will help pay for students to study in Africa.

For the African Studies minor, students must take at least eight hours of Swahili, French, Portuguese or another indigenous African language.

"I decided to take Swahili to get out of the zone of European languages," said Sarah Klankui, graduate student. "Learning another language can never be bad."

Nick Istas, graduate student, said after his experience in Africa, he has begun to eat different things. During his time in there, he had the opportunity to work with a popular local music artist.

"It was a really fantastic experience," Istas said.

See AFRICA, Page 3

SGA

Henry vetoes text messaging resolution

By Danny Davis
KANSAS STATE COLLEGIAN

Student Body President Dalton Henry vetoed a resolution passed last week related to texting while driving. The City of Manhattan has been considering placing a ban on cellular devices while driving in city limits.

The city council, however, has remained cautious and opened the discussion to all interested parties. After requesting the opinion of the Student Senate, the Governmental Relations Committee drafted a resolution in support of a ban on text messaging while operating a motor vehicle.

In the document, the Student Senate expressed disapproval of a full ban on mobile devices, recommending the city instead limit it to text messaging. Should the city decide to ban all mobile devices in vehicles, the committee recommended the university not comply.

"I think that there was a lot of concerning ideas and language in the resolution," said Henry, senior in agricultural economics, agricultural communications and journalism. "I don't think it clearly represented the views of the SGA."

Specifically, Henry said the section of the resolution that concerned him most was the paragraph suggesting K-State not comply with a full ban on mobile devices in vehicles.

Henry said K-State is a unique campus in the number of visitors that travel through Manhattan and the constant traffic Fort Riley brings. A ban on mobile devices, he said, echoing the Riley County Law Board, would be hard to enforce.

He suggests in his new resolution that if any ban were to be considered, it should occur at the state level.

"I think it makes more sense at that level," Henry said.

The Student Senate will review his veto and hear his new proposed legislation at tonight's meeting.

Marketplace provides opportunity to learn about Fair Trade

By Karen Ingram
KANSAS STATE COLLEGIAN

The K-State Student Union was packed with shoppers browsing the Fair Trade Marketplace on Wednesday. The tables buried under brightly colored fabrics, artifacts and other products. People moved slowly from table to table, examining the wares and listening to volunteers tell the stories behind them.

The Marketplace is part of Fair Trade Week at K-State.

The wide variety of products included clothing, hand bags, ornaments, toys, neckties, photo frames, carved wooden jewelry boxes, coffee and more. Everything was from Fair Trade companies such as Two Hands Workshop, Equal Exchange and local vendors like Rockstar and Rogers and People's Grocery.

Several tables offered free items, such as stickers, magnets, and samples of chocolate.

Fair Trade ensures farmers

and workers in Third World countries are paid a fair price for their products, which allows them to better sustain themselves.

Abbey Briscoe, junior in theater, purchased a bag of coffee and a stuffed toy giraffe. Briscoe said the toy was made by people with disabilities, which was one of the reasons she had decided to buy it.

"I think it's a great way to help people who are in a situation that's hard to overcome," Briscoe said. "People should know about a great cause that helps people and makes them happy."

Some of the more unusual items were made of recycled materials that would normally be considered garbage. There were metal wall ornaments made from recycled metal drums and thick, reusable plastic shopping bags made from sewn patches of recycled bags that once contained drinking water.

Isabel Troncoso, sophomore in fine arts and historian for the

K-State Fair Trade Advocates, was one of the student volunteers at the Marketplace.

Troncoso's mother is from Singapore, her father is from Chile, and she spent much of her life living in Indonesia. Troncoso said having lived in a Third World country made her want to get involved in Fair Trade.

"To really make a change, you have to do something about it," Troncoso said.

Kait Snoddy, sophomore in fine arts and vice president of Fair Trade Advocates, said learning about Fair Trade helped her to realize "the power of the consumer to change what you buy."

Snoddy said the Marketplace has been successful so far. Although they did not open until 10 a.m., she said people were already coming over as they were setting up tables at 7 a.m.

The Fair Trade Marketplace will be open today from 10 a.m. to 6 p.m. in the Union. Both cash and credit cards are accepted.

Fair Trade week will conclude



Tommy Theis | COLLEGIAN
A tiny, beaded giraffe keychain was among the wide variety of items for sale at the Fair Trade Marketplace in the courtyard of the K-State Student Union on Wednesday.

on Sunday with the third annual Hunger Banquet, an event that raises awareness of world hunger. All of the food served at the banquet will be Fair Trade and local organically grown food.

Snoddy said they decided to make the banquet more interactive this year to help people learn. Each person at the banquet will

See FAIRTRADE, Page 3

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18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic

DOWN
1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of "The View"
21 Time of your life?
23 Davenport dweller
24 Sportscaster
25 Andrews
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

Solution time: 25 mins.



Yesterday's answer 11-19

1	2	3	4	5	6	7	8	9	10	11
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		40				41		42	43	44
45	46			47	48		49			
50				51			52			
53				54			55			

STREET TALK

Check out **Page 8** for a story about minority groups on campus.


Q: Do you think minority groups are well-integrated into campus life?



Abdul Althukair
Senior, industrial engineering



Amanda Caldas
Sophomore, political science



Sarah Mitts
Alumna



Skyler Reinert
Senior, business management

THE PLANNER
CAMPUS BULLETIN BOARD

The Manhattan Parks and Recreation Department has employment opportunities for the upcoming fall/winter season. Available positions are intramural basketball official, intramural basketball scorekeeper, ice rink attendants, ice skating instructors and volunteer basketball coaches. For questions, call 785-587-2757 or visit the city's Web site at ci.manhattan.ks.us.

Rec Services is sponsoring Nutritious November. All nutrition consultations are half-price during the month of November. Stop by the office at Peters Recreation Complex to sign up. Call 785-532-6980 for more information.

Lafene Health Center has H1N1 flu vaccinations available for eligible students only. A vaccine clinic will be held from 8:30 a.m. to 11:30 a.m., or until the supply is depleted, today in Forum Hall of the K-State Student

Union. No appointment is necessary. See Lafene's Web site at k-state.edu/lafene for full eligibility criteria, cost information and to print the required consent form.

SafeZone will host a workshop called Sexual Assault and Healing from 3:45 p.m. to 5:15 p.m. today in the Gen. Myers Room in Military Science Building. Mary Todd from the K-State Women's Center will present about the process of healing after the trauma of a sexual assault. More information is available at k-state.edu/safezone; click on "Trainings Offered."

Jesse Nippert, assistant professor in biology, will present "Local Hydrological Processes Recorded in Plant Water d2H and 180" at 4 p.m. today in Thompson Hall 213. Refreshments will be provided.

The Graduate School announces the final

oral defense of the doctoral dissertation of Jamie Osby Williams at 10 a.m. Friday in Campus Creek Complex 214. The thesis topic is "A Case Study Analysis of Racial Identity in Black and White Interracial Couples Living in the South."

The Graduate School announces the final oral defense of the doctoral dissertation of Rajendra Dahal at 10 a.m. Friday in Cardwell Hall 119. The thesis topic is "Fabrication and Characterization of III-Nitride Nanophotonic Devices."

The Planner is the Collegian's bulletin board service. To place an item in the Planner, stop by Kedzie Hall 116 and fill out a form or e-mail news editor Sarah Rajewski at news@pub.ksu.edu by 11 a.m. two days before it is to run. Some items might not appear because of space constraints but are guaranteed to appear on the day of the activity.

CORRECTIONS AND CLARIFICATIONS

If you see something that should be corrected or clarified, call news editor Sarah Rajewski at 785-532-6556 or e-mail news@pub.ksu.edu.

DAILY BLOTTER

To view the daily arrest report from the Riley County Police Department, go to the Collegian Web site, kstatecollegian.com.

KANSAS STATE COLLEGIAN

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QUESTION OF THE DAY

Read **Page 5** for a story about email scams sent to Zimbra users.

Zimbra is... A) Good B) Bad C) How I invest in the fortunes of foreign princes

To submit your answer, visit kstatecollegian.com. Results for the question of the day will be posted in the following issue of the Collegian.

Wednesday's results: Do you text while you drive? A) Yes: 53 % B) No: 47 %

8-7-0%

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2012 PG13 3:40-4:40-7:00-8:00-10:20-11:20

Amelia PG 3:45-7:15-10:00

Law Abiding Citizen R 4:00-6:45-9:25

Where the Wild Things Are PG 6:50

Couples Retreat PG13 4:05-7:05-9:30

Paranormal Activity R 3:50-7:30-9:50

Christmas Carol 3D PG 5:10-5:40-7:30-9:20-9:50

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healthy DECISIONS

FAIRTRADE |

Week to conclude with hunger banquet

Continued from Page 1

be given a card with their “character” on it, and each of the roles reflects the actual proportion of classes in the world. 50 percent of the world population is considered lower class, 35 percent is middle class, and the remaining 15 percent is upper class.

“It’s really amazing to see what qualifies for upper and middle class,” said Snoddy.

One example that Snoddy said surprised her was the character of a woman in Jerusalem who sells postcards all day. She is considered “upper class” because she owns her own business.

The Hunger Banquet will be at the ECM church at 1021 Denison Avenue at 6 p.m. on Sunday. Questions about the banquet or Fair Trade should be directed to the Fair Trade Advocates at fta@ksu.edu

Blair Johnson, sophomore in anthropology, looks though a rack of Fair Trade clothing Wednesday afternoon in the K-State Student Union courtyard.

Tommy Theis
COLLEGIAN



AFRICA |

ASU members encourage everyone to join



Danny Davis | COLLEGIAN
An audience member watches the African Studies presentation Wednesday in the K-State Student Union.

Continued from Page 1

At the end of the presentations, Philip Mzava, graduate student and president of the African Student Union, spoke about the ASU’s mission.

“We come from far away and don’t have anywhere to go,” he said. “The ASU is a place for us to share experiences.”

He said the ASU is open to any members, not just Africans. The union tries to remain active by holding dances, sharing food and holding African Night once a year, at the end of the spring semester.

Students interested in the African Studies program can contact Emizet Kisangani, professor in political science.

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Spring 2010

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Early Field Experience
Environmental Communications: Environment in Contemporary Film

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- Family Violence
- Hazwoper Training
- History of Modern Algeria
- Human Geography (Online)
- Human Trafficking
- Intercultural Communication (Online)
- Intro to American Ethnic Studies (Online)
- Introduction to Health Psychology (Online)
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- Mathematics for Fun with Baseball Applications (Online)
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Positive portrayal

Volunteering good for students, community

College students today are often seen as self-centered and unmotivated, and nobody expects them to be interested in anything but the next party. This image needs to change.

College students need to do more to be seen as productive members of society, if only because we all want jobs someday. It does us no good to continue to be viewed by society as a whole as unproductive, unmotivated and generally uninterested in the world around us. Even if we are interested in the global goings-on, we rarely take the initiative to do something about it. This is unacceptable in a nation founded on the ideals of activism.

The best way to go about changing this negative image is through volunteering. Not only does it look good to volunteer, but it actually does good for the world around us.

Some of the biggest changes in the world have been made by groups of volunteers, be they environmentalists like Green Peace or humanitarians like the Peace Corps. No matter the cause, though, volunteering goes a long way toward debunking the image of the lazy, unmotivated college student.

There is no shortage of volunteer opportunities either, locally or abroad.

If you only have a few weeks to spare during the summer, consider taking a trip with International Student Volunteers. Not only does this program have amazing projects, like working with endangered sea turtles, it also has a number of exotic locations available. Also, the second week of your trip is dedicated entirely to having fun and broadening horizons with activities from mountain climbing to black water rafting and even spelunking.

If you have more time, maybe a couple of years, consider the Peace Corps. With a minimum volunteer period of 27 months, the Peace Corps is a considerable commitment, but think of the good that can be done in that amount of time.

It isn't just padding for a resume; it's about making a genuine difference in the world. Not only that, but consider the life experience helping those in Third World countries will afford you.

If neither of those examples is your style, and you're feeling more like an eco-terrorist (excuse me, pirate), then



JESSICA HENSLEY



Illustration by Brianna Kerwood

maybe an organization like the Sea Shepherd Conservation Society is a better fit for you. While the organization's tactics are questionable, its cause is to prevent the destruction of ocean ecosystems, and the group is always in need of new volunteers. And who knows, maybe you'll even get to be the cause of an international incident, all for a good cause. With the variety and number of volunteer opportunities available, there is no excuse for college students to choose not to participate. If you don't see yourself abroad, consider volunteering locally. There are volunteer opportunities available on campus and around town at

places like the zoo, the animal shelter and homes for the elderly. All it takes is a couple hours a month to make a difference.

Not only does it look good on your resume to have a background of volunteerism, it actually benefits the world around you. There is so much that we, as college students, have to be grateful for.

Maybe it's time we give a little of that back. Nobody else is going to.

Jessica Hensley is a senior in political science. Please send comments to opinion@spub.ksu.edu.

Congress creates more problems than it fixes

As I watched C-SPAN Tuesday afternoon, I was appalled by what Rep. Tim Ryan, D-Ohio, said.

"We've spent the last nine months cleaning up the mess the representatives across the aisle created," Ryan said on the House floor.

Ryan went on to say the Republicans have controlled Congress, the presidency and the Supreme Court for the past 16 years, and their control of all branches of the government is responsible for two wars, the recession and the rising national deficit.

First, the Constitution states that only Congress has the power to declare war on a country. So, blaming that on a president is ignorant – Congress didn't have to authorize Bush to use force in Iraq. Perhaps, Ryan should read the Constitution again before blaming any war on a president.

Second, the recession is a direct result of the Gramm-Leach-Bliley Act of 1999. In 1999, President Bill Clinton, a Democrat, was in the White House. In an interview with Maria Bartiromo, a reporter for BusinessWeek magazine, former President Clinton even defended his signing of the act.

The GLB Act made one fatal error, which helped to create the current recession. It repealed the Glass-Steagall Act. The Glass-

Steagall Act was passed in 1933 to prohibit commercial banks from partnering with investment business. This act was designed to protect banks from becoming unstable and creating mass bankruptcy.

For months, Americans have been losing their homes and jobs because the financial sector collapsed as a direct result of the crash of the housing market. Several banks and lending institutions failed because their investments in the housing market collapsed.

Then, after President Obama took office, he passed the stimulus fund that bailed out the financial sector.

If President Clinton had vetoed the GLB Act, the financial sector would not have been hurt as severely as it was because of the separation of investment institutions and banks. Americans would not have lost as many jobs, and President Obama would not have passed the stimulus package or urged President Bush to pass the failed TARP fund.

Democrats supported the GLB Act, repealing the Banking Act of 1933, and allowed the recent recession to cripple the American public. Democrats passed the bailout, increasing the deficit. Democrats still support the wars in Afghanistan and Iraq, which Congress had no small part in.

I think both Democrats and Republicans need to stop pointing fingers back and forth across the aisle and start looking at the three pointing back upon them. Stop the political mudslinging and start producing laws that actually help the American public become better, safer and healthier, both economical-

ly and financially.

Too many laws have been passed by Congress in the past 20 years for special interests, and too few have actually helped create anything but public distrust, poverty and socioeconomic barriers that keep this country from becoming the land of opportunity it once was purported as being.

The U.S. claims to be the richest country in the world. If this is true, there should not be more than 75 percent of the population living below or at the poverty line in this country. There should not be any businesses deemed "too big to fail," because that goes against antitrust and antimonopoly laws, like the Sherman Act, passed in 1890. The Sherman Act was designed to increase competition in U.S. markets.

If a company fails in a true capitalistic society, then it fails on its own merit. If a company is "too big to fail," then by the definition of competition in a capitalistic society, it has been restricted due to the size of the company.

If a company's failure creates an economic hardship on the market so overarching that the government must give it large sums of money to stay in operation or face massive unemployment and loss of property, then it should be obvious to everyone in the country it is too big to exist.

Corene Brisendine is a senior in print journalism. Please send comments to opinion@spub.ksu.edu.



CORENE BRISENDINE

My Collegian in elementary education physics is what red staplers are to Milton.

Instead of shrinking the Fourum, we could save a lot of paper by shrinking the paper down to nothing but the Fourum.

Warning to all: The third floor of Hale is now going to be the loud floor.

Dear Beth Mendenhall, random generic insults about your mother. Take that.

Hey Collegian, thank God you finally brought the cryptoquip back. It better be there tomorrow.

Ah, yeah, whoever sat on the remote control and changed the channel to Fox News in the Union today should probably be made to stand for the rest of their lives.

Can someone please tell me why in a time of economic crisis and deferred maintenance we are building a brand new leadership building?

If you're actually going to be smart

and use the cross-walk, press the dang button, especially if it's dark and you're wearing a dark jacket.

If you want to make yourself uglier by smoking, that's fine, but please don't make the campus uglier by leaving your cigarette butts everywhere. We have ash trays for that.

To the guy walking around campus with a boombox: Keep doing what you're doing, buddy.
To everybody: If you do your research, you'll find that the

automobile that is more American-made than anyone else is Toyota. Chevy and Ford use more imported components.

Good thing Beth can't have children because she'll never be able to get a boyfriend.

Sometimes I suspect my girl roommate has a penis. I'm kind of worried.



The Fourum is also available in full online every day at kstatecollegian.com.

TO THE POINT

K-State often appears segmented

TO THE POINT is an editorial selected and debated by the editorial board and written after a majority opinion is formed. This is the Collegian's official opinion.

There are many different student groups and organizations on campus, and with over 20,000 students, it is not unreasonable to assume some students or organizations may never come in contact with one another. However, this does not mean K-State's student population is not diverse or there is not a niche for each and every student at K-State.

We believe K-State students, like most of the world's population, generally gravitate toward people like themselves, whether they determine that by major, age, ethnicity, sexual orientation or shared religious beliefs. Simply because people naturally tend to place themselves in homogenous groups does not mean K-State is not diverse or that it is insensitive to minority groups. It simply means many "minority" students do the same thing many "majority" students do: form friendships with people they are comfortable with.

It seems K-State is indeed a segmented student body but most of those segments are chosen and created by students themselves and they are not due to hostility or ignorance. Instead, K-State is like the rest of the United States: there are many different backgrounds and ethnicities within our student body and some are more easily found than others.

KANSAS STATE COLLEGIAN

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LETTERS TO THE EDITOR

The Collegian welcomes your letters to the editor. They can be submitted by e-mail to letters@spub.ksu.edu, or in person to Kedzie 116. Please include your full name, year in school and major. Letters should be limited to 350 words. All submitted letters might be edited for length and clarity.

KANSAS STATE COLLEGIAN
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Kedzie 103, Manhattan, KS 66506

THE FOURUM

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The Campus Fourum is the Collegian's anonymous call-in system. The Fourum is edited to eliminate vulgar, racist, obscene and libelous comments. The Collegian's editorial board selects the most relevant, humorous or entertaining comments to be printed each day. The comments are not the opinion of the Collegian nor are they endorsed by the editorial staff.

Zimbra hit with more e-mail scams

By Pauline Kennedy
KANSAS STATE COLLEGIAN

E-mail scams sent to K-State Zimbra webmail accounts caused problems for over 130 K-State students a little more than a week ago.

Harvard Townsend, chief information security officer of Information Technology Services, said there were four separate e-mails sent out; one said “Jessica wants to meet you,” and there was also a *Twitter.com* invite, an E-card from Hallmark and shipping instructions from *Amazon.com*. Townsend said each e-mail had an attachment with it.

If the attachments were opened and run, they would infect the computer and then use the account contacts to send the e-mails to other accounts.

Information Technology Services has since taken care of the recent e-mails. Townsend said the infected computers were fixed and the e-mails were run through the K-State anti-virus software to prevent them from reappearing.

Townsend said malicious software like this spreads quickly, and they have to rely on users to use common sense not to open them.

“The lesson here is people need to be very aware of e-mail attachments,” Townsend said.

Bre Burns, senior in family studies and human services, said she receives scam e-mails asking for her account information every couple of months.

“They do look pretty legit,” she said.

Burns said although the e-mails are convincing, she has received several warnings from technology services about them and knows not to reply.

Although the recent scams have been put to rest, it can serve as a reminder for students to be constantly aware of what they open and send

through email.

Scam e-mails disguised as regular e-mails from technology services on campus that trick students into giving away account information are an ongoing problem at K-State, Townsend said.

Townsend said these types of e-mail scams have nothing to do with the K-State’s Zimbra service, but they are common sorts of problems that come with any e-mail service.

James Lyall, associate vice provost for information technology services, said they are managing the problem the best they can, but it can be difficult because malicious software has increased in frequency and volume and is becoming more and more sophisticated.

Jeremiah Poage, from the technology service center, said they can do little to stop these e-mails from getting through the system, and they work to block as many as they can. He said it is important for students to constantly be aware of what to look for.

“You’ll never get an e-mail from K-State asking for your password,” he said.

Townsend said apart from e-mail, scammers can use account passwords to access eID profiles, iSIS accounts and potentially Social Security numbers.

Along with awareness of e-mail scams, students should log off every time they use university computers. Poage said the technology services on campus suggest logging off and restarting computers each time someone uses them to make sure information is cleared off the computer.

While technology services are doing what they can to prevent malicious emails from entering the system, all three men said students also need to be conscious of what e-mails they are opening and replying to.

FROM THE PRESIDENT’S DESK

Schulz seeks input on campus development

Dear Wildcats,

A great opportunity for K-State students to talk with President Kirk Schulz is coming this Monday, Nov. 23, at 5 p.m. “Chats with Kirk” will be an online chat room designed for K-State students to ask President Schulz questions regarding his duties and changes on campus. To access the chat room you will need to sign in with your student e-mail and password at *chats.ksu.edu*. I hope to see you all online.

We all know and appreciate that K-State is unique in a multitude of ways. However, the City/University Projects Fund is a student power that is perhaps unique to all the rest. For the past 15 years, this fund has allowed for the development of both K-State and the City of Manhattan. Historically, the City/University Fund has allowed for such projects as the University Gar-

dens, the widening of Denison Avenue, the blinking crosswalk lights around campus and the new map kiosks on campus.

This year, \$570,000 is available for campus and city development. Essentially, the fund is available for President Schulz to use and allocate accordingly. It has been tradition for the Student Governing Association to create a list of projects and their expenses to be submitted to the president. This recommendation generally serves as the basis for President Schulz’s request to the city.

This year, our project recommendations to President Schulz have a common thread: community safety. Increasing our community’s safety has been a primary goal for Wayne Stoskopf and me since the very beginning. Whether it be adding more lights on campus, adding more side-

walks or developing lighted streets around Aggieville, safety has been a priority.

The recommendation would call for a large portion to be spent on lighting and sidewalk additions around campus and Aggieville. These additions are necessary to ensure that K-State students feel safe and secure around campus and Manhattan. Already research has been done to prioritize areas where replaced or added lighting is most needed.

To view the entire project proposal list, please visit the SGA website at *ksu.edu/sga*. If you have any further questions about the City/University Fund and the proposals, please feel free to contact me at *dhenry@ksu.edu*. Have a great week.

Dalton Henry

LETTER TO THE EDITOR

Women’s basketball deserves support

Dear Editors:

I am writing to you to share my disappointment about the lack of student support at the K-State women’s basketball game on Monday night.

I work the basketball games as a student volunteer with the K-State sports information department, and on Monday I was disappointed to turn around from my seat on press row to see only two students sitting in the front row of what many people would call the student section. I could count the number of students who showed up to the game on less than 10 fingers I think.

After seeing that, I feel horrible for our women’s team. The girls work as hard and deserve as much support as our men’s team and, un-

like men’s basketball, it’s free for students to attend women’s games. How is it we can pack the stands for men when it costs money, but our students won’t come watch our women when it costs nothing?

It just blows my mind.

Our women’s team is 0-2 right now, and Monday was a tough loss. I’m sure the girls would really like to get their first win on Friday night against Washington State, right here in Manhattan. Both the men’s basketball team and the football team are out of town this weekend, and only the women’s basketball team and the volleyball team are at home.


I know it’s the weekend right before Thanksgiving break and many students might already be head-

ed home for the holiday, but I also know there will be many students still in town. The team needs our support, and they need that place to be as loud as possible when they take the court.

So, if you have nothing better to do on Friday at 7 p.m., I suggest you come out and pack Bramlage with purple. I’d like nothing more than to turn around from my seat on press row and see a very loud and very packed student section. Let’s remind Washington State why Bramlage is such a tough place for opposing teams to play in! Go Cats!


Zach Zaborny
SOPHOMORE IN ELECTRONIC/BROADCAST JOURNALISM

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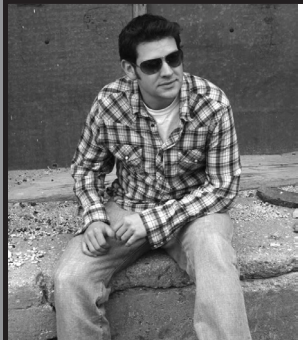
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Top Secret



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Fans have no reason to panic

K-State has spurted out to an undefeated 2-0 record, but the team has played poorly, head coach Frank Martin and fans alike have said.

This is normal practice for most teams, though. Did you not see Michigan State vs. Gonzaga?

The second-ranked Spartans, who have not lost to a non-conference opponent at home since 2003, had to rally to knock off the unranked Bulldogs in the game's final minutes.

As the Wildcats transition from last year, the team must learn to play with a pair of new forwards, junior transfer Curtis Kelly and freshman Jordan Henriquez-Roberts.

While the team has struggled with defensive rotations and gotten off to rough starts, there is no need to push the panic button.

Unlike last season, the bulk of the scoring is coming from the inside with sophomore forward Jamar Samuels and Kelly. This will take the pressure off the backcourt duo of junior guard Jacob Pullen and senior guard Denis Clemente as the season continues.

K-State is poised not only to challenge for the Big 12 Conference crown but also to make a deep push into the tournament.

If this team can learn to play effectively in the half court, then it can go from scary to dangerous.

To have success in the tournament, a team needs to play great defense, have a great backcourt and love the coach they are playing for. Check, check and check.

The defensive miscues will be corrected, and the slow starts will be quickened. It is only a matter of time.

Remember last year when the team fell to an 0-4 start in the Big 12? The team rallied to finish fourth.

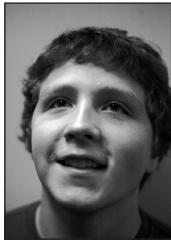
I have full faith in Martin to get this team to play to their abilities. In college basketball, it is not about how you start but about how you finish.

The Puerto Rico Tip-Off will be a great benchmark to see how this team competes against great competition.

It also allows K-state to show the pollsters their mistakes. Pullen said during media day the team feels slighted and is being overlooked.

Martin demands perfection from his players. Look at what he was able to do with a less-talented and less-experienced team last year.

I cannot give a time, nor can I give a place, when this team will come together, but I know it will happen. It is only a matter of time. This team has the tools. They just have to keep chopping wood.



PAUL HARRIS

Paul Harris is a junior in mass communications. Send comments to sports@spub.ksu.edu.

Each week, members of the Collegian staff and K-State President Kirk Schulz pick the winners of six college football games. The Collegian would like to invite our readers to participate in the weekly competition.

This week's games are:

- No. 10 Ohio State at Michigan
- Oklahoma at Texas Tech
- No. 8 LSU at Mississippi
- No. 25 California at No. 17 Stanford
- Kansas at No. 3 Texas
- K-State at Nebraska

Vote online at kstatecollegian.com and check tomorrow's issue for this week's results.



Divine motivation



Nathaniel LaRue | COLLEGIAN

Junior guard **Shalin Spani** goes for a lay up during the Cat's game against Arkansas State Monday night at Bramlage Coliseum.

Spani's faith in God, coach help her lead

By Ashley Dunkak
KANSAS STATE COLLEGIAN

Because so many athletes start playing their sport around the same time they start walking, junior guard Shalin Spani is a rare commodity.

This is not to say Spani had less exposure to sports. In fact, the opposite is true. Her father, Gary Spani, played football at K-State and for the Kansas City Chiefs, and her mother played volleyball in high school, so sports were a constant presence in the Spani household.

Spani said she played soccer from the time she was eight years old, began playing basketball at 12 and got into AAU basketball when she was 13. The two sports started to overlap, and Spani realized she would have to pick one.

"At that age, you don't know which one you're going to be better at," Spani said. "I just loved it more. I was like this is something that's fun, something that I wanted to do and something that I saw that I could do in the future."

Spani said her dad's football career at K-State was obviously the family connection, but what really brought her here were the coaches and the environment, the close family atmosphere, how her teammates are her closest friends and the competitive program that has been here throughout the years.

"I just prayed about it and felt I needed to be here," Spani said.

Because she blew out her ACL, MCL

and meniscus in her senior year of high school, Spani lost a year and a half of playing basketball before she came to K-State. She had problems with her meniscus her freshman year of college and another injury last season. However, she fought through and said she feels like she is back to the level she was before her injuries.

Spani has a deep motivation for basketball and life.

"My strong foundational Christian faith," Spani said. "That drives me, and glorifying God in everything I do, whether that's lifting weights or playing basketball, that's my foundation, and that's what drives me each and every day."

She said obviously her next level of motivation is trying to give everything she has to the program, be an example for kids around the country and the program, and being a positive influence on people, whether she can make people smile or just give them a little encouraging word.

"Just being a positive impact would be my goal," Spani said.

Spani said more than time in the gym, the weight room or watching game film, the coaching staff has made the biggest impact on her game.

She said associate head coach Kamie Ethridge is the best coach as far as coaching guards. Her background, her success in college, was absolutely amazing, Spani said, and to be around her in the gym every day is an honor and a privilege.

"Coach Patterson, I couldn't say enough," Spani said. "I would do anything

for her, and she's just given me so many life lessons, and her intensity and her passion and her intelligence on the court is something that you walk in the gym and you just learn from being in her presence."

Spani said Patterson is the most amazing woman she has probably ever met. She said Patterson's Christian values provide an example beyond anything Spani could ever imagine.

"She teaches you something on the court, but it's something that's going to transcend," Spani said. "She's changed my life in so many areas, and I'm going to take those lessons, whether it's working hard every day, or being intense about what you want to do, or choosing what you want to be and not letting yourself slack off at all."

Spani said the elements will transcend the sport are the tiny little lessons players are going to take into their families and into their jobs.

As one of few upperclassmen on a young team, Spani knows this season will not have an easy day in it. She said the team graduated four amazing seniors last year, three of them being the foundation of the program in Danielle Zanotti, Marlies Gipson and Shalee Lehning, so replacing them is almost impossible. However, she said that collectively and individually they've stepped up.

Spani said the goals for the season are to "be competitive in the league, surprising some people, giving it our best shot. I think that's what it's about, and I think that's what this team's ready to do."

VOLLEYBALL

Wildcats fall to Longhorns in three straight sets

By Sam Nearhood
KANSAS STATE COLLEGIAN

Adding another sweep to its already impressive record, No. 2 Texas claimed another match in three games against K-State Wednesday night in Austin, Texas.

While K-State (10-17, 4-13 Big 12 Conference) fared well against Texas (21-1, 16-1) earlier this season - losing each game by five points or less - the team could not find the same success last night. It lost the games 13-25, 10-25 and 17-25, picking up some heat near the end, but ultimately falling in the same match score as in October.

The Longhorns jumped out to an early lead in game one for a 6-3 advantage, but K-State returned to within one of tying the game. Texas continued their streak of three-

point runs to double K-State's score at 10-5, with the Wildcats resurging once again to narrow the gap at 8-10 after they began a drive of more-aggressive serving. After a four-point push from Texas, K-State was unable to recover, losing the first game 25-13 behind an eight-point run from the Longhorns.

Using their momentum from the previous game, the Longhorns came out quickly to claim another early lead with eight points over their first two serves. The rest of the game followed suit as Texas picked up a string of runs, owing a few points to K-State's multiple service errors. The Wildcats could not find any favor throughout the game, eventually losing 10-25, the third time this season for such a large deficit.

K-State returned from the intermission looking for its first win of

the night. It held Texas at an even tie for a couple of serves, but the Longhorns slowly pulled ahead, ending the first rotation with a five-point run to put them ahead 15-8. The teams traded points as K-State fought to stay in the match, and the Wildcats held Texas from the win with their own four-point run - including a service ace from freshman defensive specialist Caitlyn Donahue. However, their stint proved unsuccessful in stopping the Longhorns short. Texas claimed the match 25-17.

As she had all season, senior outside hitter Destinee Hooker recorded the strongest numbers for her team with an impressive 15 kills for a .500 hitting percentage. Three other Longhorns hit for over .350. Defensively, Texas had 19 team blocks, with four solo and four assisted blocks from Hooker, who also scored three service aces.

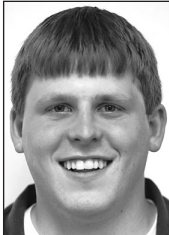
Senior libero Heather Kisner led Texas in the back row with 21 digs, and assists were split between the two setters, senior Ashley Engle and sophomore Michelle Kocher.

The Wildcats posted less impressive statistics. Sophomore defensive specialist Abby Fay recorded the most digs for her team, followed by junior libero Lauren Mathewson in one of her shyest matches of the season. Junior outside hitter Vanessa Murray found the most kills on her side of the net, in front of junior outside hitter JuliAnne Chisholm and senior middle blocker Kelsey Chipman.

K-State will resume play this Saturday when it takes on Colorado for the second time this season. The match in Ahearn Field House will serve as Senior Day. The team will recognize Kelsey Chipman and Soriana Pacheco in a pregame ceremony.

Puerto Rico trip defines early portion of season

A weekend that featured six players new to the program, five talented freshmen with tons of potential, two lopsided scores and one extremely angry coach can only mean one thing: it is officially basketball season.



GRANT GUGGISBERG

While the football team still has everything to play for this Saturday in its regular season finale, the basketball team is just getting started. Moving to 2-0 with wins over Loyola-Chicago and Western Illinois, last weekend is not surprising for a team picked to finish fourth in the Big 12 Conference. From here, the games get tougher, and the stakes are higher.

The most promising aspect of this season is the amount of depth at every position the Wildcats now possess, thanks to the return of most of last year's contributors and the addition of a solid group of newcomers.

However, it is still too early to punch their ticket to NCAA tournament. While the scores in both games this weekend were lopsided, Martin expressed disappointment in the way his team played in both contests, particularly in the first game against Loyola-Chicago.

When one reporter asked if perhaps some of the players weren't giving their best effort in games the Wildcats should easily win, Martin said he did not want to be associated with players who have that attitude.

"The year has 365 days in it," Martin said. "You play 31 times. If you don't have the desire and the enthusiasm to commit yourself to 31 days out of 365, then you're not worth a crap. So, I don't respect people who think that way."

However, the Wildcats will get a serious test this weekend when they travel to San Juan, Puerto Rico, to play in the Puerto Rico Tip-Off. If the favored teams in each game win, K-State would get games against Boston in the opener, followed by a game against Ole Miss and either Georgia Tech or Villanova in the championship.

While the Boston game should be a win for the Wildcats, the competition takes a drastic upswing in the second round, with the winner of Indiana vs. Ole Miss. Ole Miss should win the game against the rebuilding Hoosiers and present the first tough game of the season for the Wildcats.

Assuming they can win that game and advance, the Wildcats would play in the championship against a top-25 team in either Villanova or Georgia Tech. Both of these teams are solid and will test the Wildcats at every position. As Martin put it, if the team doesn't bring their A-game to Puerto Rico, they'll come home with three losses.

"It's a hard tournament," Martin said. "I just told the players in the locker room, 'If our demeanor is what it's been the last four days, we're 0-3.'"

While the rest of the season could go in any number of directions for the Wildcats, the most important thing at this point is to see whether the team can come together and play well enough to win this tournament. There's no question that guards Denis Clemente and Jacob Pullen will score the ball and lead the team, but it's up to the post players to play solid defense and rebound the ball. Also playing an important role will be the newcomers, who need to contribute immediately for the team to find success this weekend.

Avoiding the inconsistencies that come with relying on freshmen will be key for the Wildcats this season. If the freshmen make too many mistakes, as they often do, the Wildcats could stumble to some early losses that will hurt their tournament stock later in the year. Hopefully Clemente and center Luis Colon, both from Puerto Rico, will bring lots of relatives and give the Wildcats a sense of home-court advantage.

Grant Guggisberg is a senior in print journalism. Send comments to sports@spub.ksu.edu.

Homeward bound



Nathaniel LaRue | COLLEGIAN

Senior point guard **Denis Clemente** dribbles the ball down the court in the Wildcats' 82-50 win over Western Illinois last Sunday. The team travels to San Juan to compete in the Puerto Rico Tip-Off this weekend.

Clemente, Colon return to Puerto Rico with team

By Grant Guggisberg
KANSAS STATE COLLEGIAN

For most of the men's basketball team, the trip to San Juan for the Puerto Rico Tip-Off basketball tournament is a chance to play three games in three days and enjoy the sights, sounds and good weather that is standard in the area.

However, for point guard Denis Clemente and center Luis Colon, this trip means much more. Both players hail from Puerto Rico and will be given the first chance to play basketball in front of their families in a long time.

"My grandma, a couple cousins, my uncle and aunt, they have never seen me play basketball, so this will be the first time they've seen me play," Clemente said.

Clemente said he does not get many opportunities to go home as he is far away and busy with basketball for most of the year.

"Twice a year," he said about his trips home. "After

school in the spring and after summer in August."

Clemente said he dreamed of playing Division I college basketball as a teenager in Puerto Rico. His family moved to the mainland to pursue his dream when he was a junior in high school.

Clemente said it is hard to get noticed by college programs in Puerto Rico because it is traditionally a baseball area. He had to spend much of his time at home working in the gym and improving his game.

Since the team has two players from the area and there are no true "home teams" in the

tournament field, the Wildcats feel they will have a bit of home court advantage this weekend.

"Of course, we have people from Puerto Rico, so a lot of people will there to see us," Clemente said.

Despite playing only two games at home to start the season, the team thinks they are ready to play in this tournament, which in later rounds could feature games against top-25 teams. Clemente said he thinks the team is prepared.

"I think so," Clemente said. "We are getting better every day in practice and playing hard, so I hope we get prepared Tues-

day and go get that W."

Despite practicing well, the team also had to get prepared academically, turning in assignments and projects early that other students will do this week before Thanksgiving break.

"We are going to be gone basically all of next week, so we had to make up a lot of work," said Pullen. "Some classes you're going to miss, so hopefully everyone got their stuff done so we can start focusing on Puerto Rico."

Others were not as far ahead in their studies.

"Man, I still have a five-page paper due," said forward Curtis Kelly.

The Wildcats will play their first game tonight against Boston University at 6:30 p.m. in the opening round of the tournament. The next two games will be Friday and Sunday, and their start times will depend on whether the team wins or loses. For the opener against Boston, there is no TV coverage.

PUERTO RICO TIPOFF: THURSDAY, NOV. 19

Game 1: 10:30 a.m.
No. 18 Dayton vs. No. 21 Georgia Tech

Game 2: 1 p.m.
George Mason vs. No. 5 Villanova

Game 3: 4 p.m.
Indiana vs. Ole Miss

Game 4: 6:30 p.m.
Boston vs. K-State

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THE EDGE

Cultural Divide



COLLEGIAN FILE PHOTOS

- 1) Participants in the Native American Student Association's Heritage Day wear colorful, traditional dresses and explore the displays in the K-State Student Union courtyard.
2) Camille Wilson of the Black Student Union celebrates the inauguration of the 44th president Barack Obama at the BSU sponsored election party in January.
3) Grace Hwang, then adviser for the Asian American Student Union, eats with her daughter, Katherine, at the annual Taste Asia event in 2005.
4) Delta Sigma Theta Sorority Inc. steps at the Black Student Union alumni reunion in October.
5) Edgar Enevarz, senior in biology, and Kristin Garcia, sophomore in family and consumer science education practice the steps to "Sarape Tapatio" which is a ballet folklorico style of dance outside of Bosco Student Plaza in September. Enevarz and Garcia are members of the Hispanic American Leadership Organization.

K-State's minority groups strive for diversity, not isolation

Melissa Short
KANSAS STATE COLLEGIAN

When Marcus Bragg visited K-State and took a campus tour, one element of the community that most attracted him was the diversity K-State representatives described.

When he arrived on campus this fall, however, diversity was not what he found.

"I was shocked when I got here," said Bragg, a freshman in business. "When I was being recruited to come to K-State and went on a tour here, they preached about the diversity and openness here, which was not really the case. I definitely wouldn't say that every student is like that, though."

On Oct. 12, the Collegian ran an article about the Black Student Union's BSU Represents event. In the month since the article ran, *Kstatecollegian.com* received almost 70 comments about the article. Some comments questioned the need for groups like BSU at K-State, and others were overtly racist, causing an inflammatory reaction from members of multicultural groups on campus.

According to the Office of Student Activities and Services, K-State has 22 multicultural organizations including the Asian American Student Union, Hispanic American Leadership Organization and Native American Student As-

sociation, to name a few. There are also fraternities and sororities that operate under the National Pan-Hellenic Council, a national organization with traditionally black and multicultural greek organizations, said Christina Patch, junior in accounting and member of Zeta Phi Beta sorority.

"I would say NPHC greek organizations are equally as active as other greeks on campus, but we have different programs," she said. "We focus more on service rather than philanthropy, and we also do not have a rushing process. Instead, each member has a separate intake process."

Patch said a common misconception about NPHC organizations is all members are African-American.

"We are very multicultural," she said. "People think you have to be African-American to join, but that is not the case at all. Also, most people think all we do as a group is step routines. Stepping really isn't a main focus for us at all — we only step for competitions or fundraisers when we are asked to."

Patch said her sorority is an action-oriented group with a goal to gear campus toward more community involvement.

The Asian American Student Union, led by president Chinh Luu, sophomore in mechanical engineering, has similar goals of homogeneity.

"We want to reach out to the rest of campus," Luu said. "People look at us as outsiders and seem to be scared to approach us, and I think that's because they don't know much about us. That's why we want to share our culture."

Luu emphasized that Asian-American culture is a shared culture made of many different ethnicities.

"I think K-State can become more diverse if people just keep an open mind and realize there are more people on campus than just them," Luu said. "If people want to know more about a group, they should just go to a meeting because anyone is welcome."

One of the largest multicultural groups on campus is the Hispanic American Leadership Organization, which promotes diversity education along with leadership and retention of Hispanic-American students at K-State, said Elizabeth Renteria, sophomore in modern languages and social work and president of HALO.

"People think we are only promoting Hispanics but, like any multicultural group on campus, we are promoting diversity of people of all walks of life — be it your ethnic, religious or financial background," Renteria said.

Many group leaders agreed the best way for K-State to be more accepting is to be aware of different groups on campus and keep an open mind about them.

"A lot of people here come from small towns way out in western Kansas and may not have met many Asians or other minorities," Luu said. "It's our job to raise awareness on campus and share our diversity."

In a school where it is not uncommon to see Confederate flag stickers or license plates on a car, and whose football team's defensive was once called the "Lynch Mob," it is easy to see why many people are eager to support and spread diversity. As the online response to the BSU article showed, there is improvement to be made.

"Imagine if you went to a school where you were the only white person out of thousands of people," said Marcus Bragg, freshman in business. "It's not that we feel like no one wants us to be here, but it's not an ideal situation. It can be intimidating to be one of a couple hundred black students out of 23,000 students."

Many of the negative comments left online accused minority students of asking for acceptance and unity, then isolating themselves in groups such as BSU.

"BSU is not a way to isolate ourselves," said Bragg, who was named Mr. BSU 2009. "It serves as a support group. Through the organization we can form new relationships and spend time with the group but also plan events and reach out to campus."

Doomsday movie has great special effects, poor story line

"2012"

★★☆☆☆

Movie review by Patrick Bales

You have to see the first half of "2012." It is a visual treat with eye-popping effects and simple characters who do not interfere with the action.

We are thrown into a disaster as John Cusack drives his way through crumbling continental crust and exploding volcanoes. As a whole, the first half of "2012" has some of the best action of 2009 and is definitely a must-see.

If only things were that simple, right? Unfortunately, the second half of "2012" plays it so much "by-

the-numbers," the buildup and excitement generated from the beginning is practically deflated. None of the action is particularly exciting. All we get is some bickering, some cheap laughs and too much talk about helping your fellow man.

Sprinkle that in with action hero John Cusack making a few last-second heroic saves, and that sums up the second half. It is uninspiring, manipulative and lame.

John Cusack plays Jackson Curtis, a down-and-out novelist who desperately wants to reconnect with his family after a difficult divorce from his wife, played by Amanda Peet. After taking his children on a camping trip, he realizes the world is about to end.

Thanks to the help of a kooky mountain man, played by Woody

Harrelson, Curtis discovers there is a safe haven in China. From there, he does whatever he can to get his family to the other side of the world.

The other storyline within the film focuses on geologist Adrian Helmsley, played by Chiwetel Ejiofor, who gives a terrific performance in the role. He attempts to convince White House Chief of Staff, Carl Anheuser to stop being insensitive and to save as many people as possible from the impending doom.

The frustrating thing about "2012" is I can picture the movie as it could have been. Amidst all the flaws and complications, there is a solid disaster movie underneath. I just wish writer and director Roland Emmerich was aware of his limitations.

Emmerich is a wonderful action director. The cinematography he displays in his action sequences is beautiful, and the special effects are breathtaking. But his screenwriting ability leaves much to be desired.

In an interview he did for *Movieline.com*, he discussed how he really wanted the film to end on a quiet note and for there to be an intimate exchange between parents and children. I have to admire the guy's ambition to stray away from convention here, but he is not a talented enough writer to pull it off.

The characters are one-dimensional and never become personable. So instead of the characters having intimate conversations that make movie-goers want to bawl their eyes out, viewers are left with sappy dialogue that comes across as

cliché and unnecessary. With no action to back it up, the simple characters are left exposed, and "2012" turns into another typical disaster movie.

If you liked Emmerich's previous disaster movie, "The Day After Tomorrow," you should definitely enjoy "2012." It does suffer from many of the same flaws, but the special effects are 10 times more impressive and the dialogue is better written. However, if you were this movie would rival the director's 1996 film, "Independence Day," you will be sadly disappointed.

Patrick Bales is a senior in elementary education. Send comments to edge@spub.ksu.edu.

Korean Brown Bag Lunch features culture, study abroad opportunity

By Pauline Kennedy
KANSAS STATE COLLEGIAN

The foods consumed at the Brown Bag Lunch presentation were nothing like traditional Korean cuisine, which was mentioned in the presentation. In celebration of International Education Week, the Office of International Programs sponsored a Brown Bag Lunch presentation about Korea Wednesday afternoon. Hyung-Chan Kim, assistant professor in apparel, textiles and interior design; and Junehee Kwon, assistant professor in hospitality management and dietetics – both Korea natives – talked about the traditional side of Korean culture. Kim said when most people think of Korea today, they immediately think of North Korea and its current political situations, but he said he wanted people to understand the traditional Korean culture. “Korea has a lot of good things,” Kim said. “That’s why I’d like to explain my country.” Kim said Korea is one of the oldest continuous civilizations in the world, reaching back 5,000 years, and has a

very rich, traditional culture because of this history. Much of the information given in the presentation focused on South Korea, but Kim said North Korea has a very similar culture. Kim discussed the geography and topography of the region and said most of Korea’s culture stems from China. Kim also explained the alphabet used in Korea, called Hangul, which King Sejong created in 1443. Kim discussed the lifestyle of Korea, emphasizing the importance of a balance between good and ill or the yin and yang. Kwon described the geography of Korea as having “beautiful mountains and colors,” but he talked mainly about traditional Korean food. He said food culture goes back about 1,000 to 1,500 years, and is influenced by religion, provinces, social classes and foreign countries. She said traditional staple foods were rice, leafy vegetables, various fish and meat such as pork, goat, beef and dog. Kwon showed several videos that demonstrated how traditional dishes were made and how several basic spices,

like Jang, can help prevent cancers and kill bacteria. Megan Grossenbacher, freshman in political science, said she enjoyed learning about the culture and did not know much about the region before the presentation. “You don’t hear a lot about Korea typically,” she said. “You only really hear about North Korea.” Both Kim and Kwon stressed the importance of exposing students to other cultures. Kim said with globalization growing so quickly, there will be even fewer boundaries in the future, and students need to learn about various cultural issues. At the end of the lecture, Kim talked about the next study abroad opportunity involving Korea. For the summer of 2010, from May 18-31, Kim is organizing a trip to Korea, giving students an opportunity to experience non-Western culture. While there, students will visit two Korean universities and several tourist attractions and spend a day in a traditional Korean home. The study abroad trip is open to anyone, and interested students should contact Kim at hckim@ksu.edu.

POLICE REPORT

Fire department reports theft of radio

By Hannah Blick
KANSAS STATE COLLEGIAN

The Riley County Rural Fire Department reported a theft totaling \$3,500, according to a Riley County Police Department report. The theft occurred sometime between noon on Thursday and 5 p.m. on Tuesday, at 1314 Collins Ln., said Lt. Herbert Crosby Jr. of RCPD. The fire department reported that a M/A COM radio was stolen out of the station. Crosby said no arrests had been made.

ELECTRONICS TAKEN FROM MANHATTAN HOME
Two Manhattan women reported a theft totaling \$1,696 from their residence, according to another RCPD report. The theft occurred sometime between noon on Sunday and 5 p.m. on Tuesday, at 929 Colorado St., Crosby said. Crosby said Krista Beedle and Kaitlyn Reese, both 19, reported that a Nintendo Wii Sports console with controllers and 60 DVD movies were stolen from their home. A TV was also damaged in the process. According to the report, it appeared the unknown suspects had entered the residence through a window. Crosby said no arrests had been made.

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1					5
		2		1	
	6		9		
9	5		2		6
5	7		1	2	
	2		4	7	
6					3

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4	2	6	1	7	5	3	8	9
9	5	7	4	3	8	6	1	2
3	8	1	9	6	2	5	7	4
2	9	5	6	4	1	7	3	8
7	4	3	8	5	9	2	6	1
6	1	8	3	2	7	4	9	5
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8	7	4	2	1	3	9	5	6

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High intensity workout gains popularity throughout Midwest



Jason Lembright works on his upper body as part of a CrossFit workout by training his core and upper body with body lifts in the small gym of Peters Recreation Complex Wednesday afternoon.

By Pauline Kennedy
KANSAS STATE COLLEGIAN

Forging elite fitness – that is the CrossFit motto. Combining exercises from gymnastics, lifting, sprinting and several other regimens, the CrossFit program seeks to strengthen core muscles and whip any dedicated person into shape.

Jason Lembright, a self-proclaimed CrossFit fanatic, described the workout program as a “high-intensity, short-duration” exercise. Lembright said he has been doing CrossFit for six months, and his fitness level already has increased drastically.

“The workouts you do in CrossFit, all those movements are functional to everyday life,” he said. “My back pain is gone.”

The program was created by Greg Glassman, also known as “Coach” in the CrossFit world on the west coast. But Lembright said the exercise’s popularity is making its way to the Midwest.

Although there are no CrossFit gyms in the area, the program’s Web site, *CrossFit.com*, allows anyone the opportunity to become apart of the CrossFit community. Workouts are three days on and one day off and usually last about 20 minutes. The Web site provides users with free workouts of the day, referred to as WODs, and each one is a different and separate workout from the day before. It also gives users instructional videos that show proper exercise techniques.

Some of the daily workouts include exercises such as pull-ups, squats, short sprints and power-lifting.

Lembright said everyone from government task forces to Marine Corps and mixed martial-arts fighters are adopting the CrossFit workouts, but said anybody can do the exercises. He said the workouts are universal and can fit to any fitness level.

The Web site to the program also has a blog, which allows CrossFitters to share their experiences with others.

“It builds a community of people,” Lembright said.

Cheyenne George, senior in public health nutrition and a local fitness instructor, adopted the CrossFit workout about one month ago and described the exercises as “hardcore intense.” George said she often looks forward to her rest days, but the short duration of the exercises motivates her to keep going.

“I just feel better overall,” she said. “I will definitely stick with it.”

The short-length workouts of CrossFit allow for an increased level of exercise. George said at the end of a workout, she “literally wants to die.”

Lembright said the exercises keep your heart rate at a level you never thought you could, but also said the moves gets easier with time.

Brett Bartlett, a platoon leader at Fort Riley, has been doing CrossFit for a year and describes himself as “a CrossFit junkie.”

“I love it,” he said. “It’s the best workout regimen I’ve ever found.”

Bartlett, who has been in the military for eight years, said he considered himself to be in pretty good shape, but realized with CrossFit he could do a great deal more.

“You’ll be amazed at how much better you feel,” he said.

However, Bartlett said people who are not good with a little pain and soreness would not like this type of workout.

Lembright said he is headed to Dallas in February for a CrossFit certification seminar where he plans to obtain certification to open a CrossFit gym in Manhattan as soon as possible. Bartlett also said he is working toward becoming certified through the military so he can partner with Lembright at the gym.

Both Lembright and Bartlett said they think a CrossFit gym would do very well in Manhattan.

“There couldn’t be a better place,” Bartlett said. “It would take off like crazy.”

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